

HANDOUT RP-1

CASE STUDY: LOU'S PROBLEM CONTINUED

SITUATION

Lou was not able to finish his school and his relationship with his probation officer went from bad to worse. In the six months since meeting up with Jeff and his friends, Lou's girlfriend Tracy got pregnant and he could not find work despite putting a decent effort into job hunting. Lou also found the conditions of his probation to be very unfair because his probation officer kept hassling him about the kind of work he expected him to take (e.g., a cleaner or fast food worker).

On top of everything, Lou's probation officer kept asking him to participate in a couple of treatment programs. Lou's girlfriend Tracy took on work to take care of the bills while Lou looked for a decent job. Lou and Tracy were getting into more and more arguments because of all of the new pressures. Lou was feeling so frustrated and out of place that his probation officer had the nerve to accuse him of using when he had not touched anything. This really hurt, because Lou was actually proud of his accomplishment of not using.

Lou needed to talk to someone so he visited his old buddy Kevin. There was a house party at Kevin's place and Lou was introduced to everyone, including a number of women. Lou did not have time to tell Kevin he was no longer using so when the beer and drugs were passed around Lou decided to join in. Lou said to himself, "I don't want to look like a jerk in front of these people so this one time won't hurt."



INSTRUCTIONS

Please answer the following questions:

- 1.** Can you identify Lou's dangerous situations?
- 2.** How was Lou's lifestyle unbalanced?
- 3.** What types of destructive thinking did Lou use?
- 4.** What consequences did Lou expect to get from using?
- 5.** How do you think Lou will feel after using?
- 6.** Will Lou be more or less likely to use again?
- 7.** What could Lou have done to avoid the slip?